

**B114 - MILK, REGULAR (NONINSTANT), NONFAT, DRY, 55 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Other Foods</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Nonfat dry milk (noninstant) obtained by the removal of water from pasteurized skim milk.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>55 lb bag.</li> <li>One 55 lb bag AP yields about 207 cups noninstant nonfat dry milk powder and provides about 1100.0 1-cup servings (68 gal 3 qt) reconstituted milk.</li> <li>One lb AP yields about 3¾ cups noninstant nonfat dry milk powder and provides about 20.0 1-cup servings (1 gal 1 qt) reconstituted milk.</li> <li>CN Crediting: Reconstituted nonfat dry milk may not be used to meet the fluid milk requirement for Child Nutrition Programs.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store nonfat dry milk in a cool, dry place. When exposed to the air and moisture, it becomes lumpy and the flavor changes.</li> <li>Store opened nonfat dry milk in tightly covered and labeled containers and use in recipes within 3 to 5 days.</li> <li>After mixing with water, cover milk and refrigerate.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



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**Nutrition Information**

Milk, regular, nonfat, dry, nonfortified

	3 Tbsp dry milk (makes 1 cup milk) (23 g)
Calories	81
Protein	8.14 g
Carbohydrate	11.70 g
Dietary Fiber	0 g
Sugars	11.70 g
Total Fat	0.17 g
Saturated Fat	0.11 g
Trans Fat	0 g
Cholesterol	4 mg
Iron	0.07 mg
Calcium	283 mg
Sodium	120 mg
Magnesium	25 mg
Potassium	404 mg
Vitamin A	5 IU
Vitamin A	1 RAE
Vitamin C	1.5 mg
Vitamin E	0 mg



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• To reconstitute one cup nonfat milk, sprinkle 3 Tbsp (0.8 oz) noninstant dry milk powder on top of 1 cup water at room temperature. Beat with wire whip until dissolved.</li> <li>• To reconstitute one quart nonfat milk, sprinkle ¾ cup (3.2 oz) noninstant dry milk powder on top of 3¾ cups water at room temperature. Beat with mixer, rotary beater or wire whip until dissolved.</li> <li>• To reconstitute one gallon nonfat milk, sprinkle 3 cups (12.8 oz) noninstant dry milk powder on top of 3 qt 3 cups water at room temperature. Beat with mixer, rotary beater, or wire whip until dissolved.</li> <li>• To prepare one gallon sour milk, use one cup vinegar in place of one cup water in recipe above for nonfat milk.</li> <li>• When nonfat dry milk is specified in recipes such as bread, biscuits, muffins and cakes which contain large portions of dry ingredients, the nonfat dry milk may be mixed with the other dry ingredients. The water for reconstitution may be added to the liquid ingredients.</li> <li>• Use nonfat dry milk as directed in recipes requiring dry or reconstituted milk or as a substitute in a cooked product when fresh milk is specified. In recipes specifying both weight and volume measurements for dry milk, using the weight will give more consistent results.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> <li>• For reconstituted nonfat milk, if not used immediately, cover and refrigerate.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>